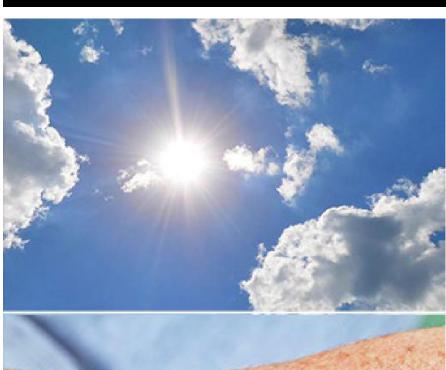






See the Video

Actinic Keratosis







Overview

This rough, discolored growth forms on the outer layer of skin. We often see it on skin that gets a lot of sun. It's more common in people who have fair skin, red or blonde hair and light-colored eyes. And most often, we see it in people older than 40.

Causes

Why does actinic keratosis form? It's caused by years of exposure to UV light. That's a type of light you get from the sun and from tanning beds. Over time, this light damages your skin.

Symptoms

To spot actinic keratosis, look for a small patch of skin that may feel dry, rough or scaly. It may be raised, and it may be a different color from the skin around it. The patch may itch or burn. It may bleed, and a crust may form on it. There may be more than one of these patches on your skin.

Treatment

How do we treat it? Usually, your doctor will recommend removal. That's because an actinic keratosis can turn into cancer. So don't ignore it. Your doctor will create a plan that's right for you. And remember to use sunscreen and limit your exposure to UV light to lower your risk for these growths.

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